

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu subject to change without notice. All meals served with milk & margarine					1 Sloppy Potato Broccoli Pears Cookie Wheat Bread	2
THANK YOU FOR YOUR DONATION. PLEASE ASK THE DELIVERER FOR DONATION ENVELOPES						
3	4 Chicken Breast Mashed Potato/Gravy Green Beans Mandarin Oranges Bread/Cookie	5 Pot Roast Rice Brussel Sprouts Corn Pears/Bread	6 BBQ Ribbette Mac & Cheese Peas & Carrots Peaches Bun	7 Sloppy Joe Corn Diced Potatoes Apricots Bun	8 Tuna Three Bean Salad Potato Salad Applesauce Crackers	9
10	11 BBQ Chicken Broccoli Blend Corn Raisins Bread	12 Pork Fritter Scalloped Potatoes Stewed Tomatoes Fruit Cocktail Wheat Bread	13 Closed	14 Ham & Beans Spinach Cornbread Cherry Pie	15 Hot Dog Baked Beans Hot Apples Slaw Bun	16
17	18 BBQ Pork Yam Patties Mixed Vegetables Pineapple Bun	19 Stuffed Baked Potato Broccoli/Cauliflower Pears Apple Pie Wheat Bread	20 Chicken Patty Mashed Potatoes/Gravy Green Beans Applesauce Wheat Bread	21 Smoked Sausage/Peppers Peas Tossed Salad Grape Juice Roll	22 Hamburger/Cheese Potato Chunks Stir Fry Vegetables Fruit Bun	23
24	25 Beef Manhattan Mashed Potatoes Beets Wheat Bread	26 Breaded Fish /Bun Diced Potatoes Mixed Vegetables	27 Pasta Casserole Italian Green Beans Roll/Tossed Salad	28 Chopped Steak & Gravy Vegetable Blend Lima Beans/ Wheat Bread	29 Chicken Hashbrowns Peas & Carrots	30
31	Cherry Pie	Dessert	Pineapple	Apple Juice	Peaches & Wheat bread	

RAINBOW MESSENGER

October, 2010



WALKING

In climate-controlled banquet room, twenty-five (25) laps equals a mile.



OUTSIDE WALKING TRAIL

Each lap equals 1/3 Mile.



FITNESS ROOM

Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



CARDS

Card tables available for your use on a daily basis.

BILLIARDS/POOL



There is a bumper pool table as well as a regular size pool table in the lower level card room for your enjoyment. The tables are available Monday-Friday from 8:00 a.m. to 3:45 p.m. except Wednesdays from 8:00 a.m. to 1:00 p.m.

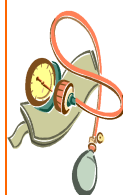


COMPUTER LAB: The computer lab is available for use daily. Jack and Ryan are available Wednesdays from 9:00 to 10:30 a.m. for FREE assistance. Wireless internet is available for your laptop. Come in and let them help you!

REGULAR SCHEDULED ACTIVITIES



EXERCISE CLASS: meets Monday and Thursday mornings at 9:00 a.m. in the Banquet Room. Our exercises are designed to help keep your joints limber. We finish with the “Chicken Dance” & “Hokey Pokey”. Come join the fun!!



BLOOD PRESSURE CHECKS: We will have Blood Pressure Checks available from 11:15 a.m. - 12:15 p.m. on Tuesday, October 12th & Tuesday, October 26th.



SINGING SENIORS: The Singing Seniors meet on Friday mornings at 10:00 a.m. at the Habig Center. On Friday, October 15th at 10:00 a.m. we will be singing at the Providence Home. Come join us!



TLC CLASS (Tender Loving Crafts): Join Betty Hoffman, craft coordinator, for some fun and to meet new friends. Class is held from 9:00 a.m. to noon on **Tuesdays** in the Craft Room. The studio fee is \$3.00 per session and project supplies are at cost. Stop by and see what we're making. This month's projects are:

Oct. 5th - Decoupage' Totes

Oct. 12th - Paper Beads Necklace-Earrings

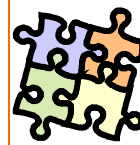
Oct. 19th -Paper Beads Necklace-Earrings

Oct. 26th-Halloween Party

Cider-Apples-Mask-Jack-o-Lantern

BINGO				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

BINGO: will be held on Tuesday, October 12th and Tuesday, October 26th beginning at noon. The cost is \$1.00 per card for all 50 games (25 per session) and .25 to play in two coveralls or special games at the end of each session. **We ask you to keep bills to \$5 and under.** Beginning at 11:30 a.m. someone will be there to collect your money. **The October 26th bingo will be Halloween Bingo.** We will have costume judging before the bingo starts in the following categories: Most Original, Prettiest & Most Unusual. Winner's receive a free bingo card!!



PUZZLES: We have one on the dining room table for anyone who would like to help. Put a few pieces together in passing or sit for awhile. If you have puzzles that you'd like to bring in, please do so!

CARD TOURNEYS:



- ◇ **Thursday, Oct. 7th**
Cinch Tourney
- ◇ **Thursday, Oct. 14th**
Euchre Tourney
- ◇ **Thursday, Oct. 28th**
Rum Tourney

Games start at 12:00 (noon) and we will play until 3:00p.m. to get in as many games as possible. Entry fee is \$1.00 and prizes will be awarded. Please sign-up by 10:00 a.m. the morning of the Tourney you want to play in.

New for Cinch players: Tourneys are now played by dealing everyone (9) cards, bids are made, high bidder names trump then you discard all but trump cards. Each player asks dealer for the number of cards to finish hand out with (6) cards total. We hope all you Cinch players will come out and join us!

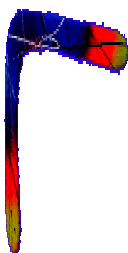
TEXAS HOLDEM— Will be played on **Monday, October 25th** starting at 1:00 p.m. Please sign-up by 12:00 p.m. on **Thursday October 21st** if you can join in. There will be a \$1.00 charge for your chips and the winners will receive a cash prize. Don't worry if you haven't played before, we will help you and we should have a lot of fun!!

*****SPECIAL ACTIVITIES:*****

LUNCH BUNCH: The group will be enjoying lunch at Azura on **Monday, October 25th at 11 a.m.** Please call your reservations in to the Center by 12 p.m. **Tuesday, October 19th.** It is "dutch treat" and everyone is welcome. We always have a great time visiting!!

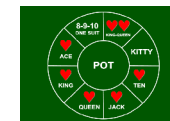
RAINBOW MESSENGER **October, 2010**

CATERED MEAL: Do you like Chicken & dumplings? If so, join us for our monthly catered meal at **11:00 a.m. on Thursday, October 28th.** Sanders will be catering this month and the menu will be: Chicken & Dumplings, Green Beans, Glazed Carrots, 7-layered Salad, Bread, Butter and a Drink. Cost of the meal is \$5.75 (please bring correct change) payable the day of the meal. **Reservations are due by 3 p.m. on Friday, October 15th.**



BOOMERAMA: Join us Monday, October 18th at noon in the banquet room of The Habig Center. Enjoy lunch while listening to an interesting topic being presented. It is always enjoyable and informative. Cost is \$5.00 to cover the cost of the meal. **Reservations are due by 3 p.m. on Friday, October 15th.**

SCRABBLE: Eight ladies played the first Scrabble game held at the Center. It was a lot of fun and we are hoping for even more participants for the next get together! You are invited to join us on Tuesday, October 5th and Tuesday, October 19th. at 12p.m. **Please call in by 12 p.m. the Monday** before the Tuesday games.



TRIPOLEY: Join us for Tripoley on **Wednesday, October 20th at 1:00 p.m.** Bring your pennies to play, as always, it's an enjoyable afternoon. **Please sign-up by 1 p.m.**



Monday, October 18th.

Wii GAMES: Carie & Bev will be Bowling on the Wii Monday, October 11th at 1:00 p.m. in the lower level. It will be a fun afternoon!

The Wii is also available every day. Come in and bowl, box, play golf, tennis or baseball on the Wii. You can play alone or with a friend. It's great exercise! We're always here to help you get started!!

CORN HOLE: You can try your luck at Corn Hole games in the lower level Monday thru Friday from 8:00 a.m. to 3:45 p.m. Check with staff on the availability of the room when you come in.

BOOK CLUB: Come in and join us for a discussion on the book "EXPRESSO SHOT" by Cleo Coyle at 1:00p.m. on Wednesday, October 13th. If you would like to join us in November, the book we are reading is "Ice Cold" by Tes Gerritsen. The club is always happy to welcome new readers and would be glad to have you participate in deciding what books to read.

UPCOMING TRIPS

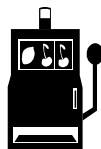
OCTOBER

HUBER ORCHARD TRIP



A trip to Huber's Orchard is planned for Thursday October 21st. We will leave the Jasper Armory at 8:30am. Lunch will be at 11:00 at the Starlight Café with your choice of a Reuben, Turkey Club or Chicken Salad Sandwich. After lunch we will do the Wine 101 tasting and tour which includes a souvenir glass. Cost is \$35.00 which includes transportation, lunch and wine tour. **Sign-ups start at 1pm Monday, October 4th and we need your sandwich preference at that time.** Money is due by 3pm Monday, October 11th. Don't forget, there is also a farmers market with home grown fruit and vegetables, you'll definitely want to take this trip with us!

NOVEMBER CASINO TRIP



We have a casino trip for you Monday, November 22nd to Horseshoe Casino! The newest attraction is the PAULA DEEN BUFFET with all of her recipes, made her way. Cost of the trip is \$15.00 and you'll receive a \$12.00 food voucher and a \$5.00 slot credit. We will leave the Jasper Armory at 9am and arrive at the casino when the buffet opens at 11:30 so we can eat then head to the casino, saving a few steps. The food voucher may be used towards the \$15 cost of the Paula Deen Buffet or be used at any other restaurant. **Doors of the banquet room will open at 1:00 p.m. Wednesday, October 6th. For sign-ups.** Each person may sign up to four Dubois County Seniors. We need your name, date of birth or total rewards card number and money at sign-up. Please bring correct change.

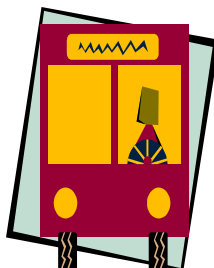
RAINBOW MESSENGER

DECEMBER

DERBY DINNER PLAYHOUSE

Our annual Christmas trip is approaching! We will attend "Forever Plaid Tidings" on Tuesday, December 14th for the matinee performance. We will leave the Jasper Armory at 10:00 a.m. "This is the best of 'Forever Plaid', gift wrapped for the holiday season! The boys are back on Earth and are overtaken with Christmas spirit! Let them entertain you with audience favorites like their riotous version of 'The Ed Sullivan Show' featuring The Rockettes, The Chipmunks and The Vienna Boys Choir. This is one holiday treat that is truly heaven-sent". We have reserved two buses for this trip.

Sign-up starts at 1:00 p.m. on Wednesday, October 27th. Each caller may sign-up four Dubois County Senior Citizens per call. Cost of the trip is \$46.00 which includes: transportation, meal, coffee or tea, gratuity and show. Money for the trip is due by 3 p.m. on Wednesday, November 16th.



Pick ups for all three trips can be made in Huntingburg and Ferdinand as well.

MEDICATION COLLECTIONS:

will be held Fri. Oct. 8th. at Fire Stations in: Haysville, Holland & St. Anthony from 9:30 a.m.-10:30 a.m. & Ferdinand, Huntingburg & Jasper (6th Street) from 11:30 a.m.-1:30 p.m. **Please dispose of any old medicine you may have in your cabinets.**

NEW ACTIVITY!

Line & Social dancing will be held from 10 to 11:30 a.m. in the Banquet Room for 6 weeks beginning Wednesday morning October 13th. Doug Morton is the instructor and there is no charge for the lessons. Wear a smooth soled shoe for easy movement and come have some fun, learn some new steps and get a little exercise to boot!!



BRIDGE: Free bridge lessons being offered for 9 weeks beginning Sept. 15th thru Nov. 10th. Learn to play on Monday mornings from 9 until 11 or Wednesday evenings from 6:30 to 8:30. Call Cindy Kluemper @ 482-3299 to sign up.

MAH JONG: Join the group playing Mah Jong on Tuesday & Friday mornings from 8:30 to 11:00. It is a fun game and they would love to have you join in. Beginners welcome!

BOOK SHELF: We have spaces available if you would like to bring in books to loan out or borrow. Make sure your name is in the book and we will have a sign in and out sheet available. If you have any questions, please feel free to call us at 482-4455. Thank you!! We have a nice selection for you to pick from.

THE HABIG ROOM

Is available for touring! Call the office and set up a time to see the interesting memorabilia in this room.

MILL VOLUNTEERS NEEDED: The Mill is looking for individuals to greet customers and sell souvenirs. If you are interested in volunteering on Saturdays or Sundays, please call the Park & Rec. office at 482-5959.

NEW ACTIVITIES: We're always looking for new activities to try here at the Center. If you have any suggestions, please let one of the staff know.

SUNDAYS: With the help of volunteers, the Center is able to be open Sundays from 1:00 to 4:00 p.m. for your enjoyment. If you'd like to volunteer to open for us, please call the Center at 482-4455.

BIRTHDAY & ANNIVERSARY: If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day. Thank you!!

RAINBOW MESSENGER

October, 2010

Recipe Exchange

This recipe was contributed by Carie Dick. She made this delicious dessert for Boomera and several people have asked for the recipe.

Lemon Delight Trifle

3-1/2 cups cold 2% milk
2 pkg. (3.4 oz. each) instant lemon pudding mix
1 pkg. (8 oz.) cream cheese, softened
1/2 cup butter, softened
1/2 cup confectioners' sugar
1 carton (12 oz.) frozen whipped topping, thawed, divided
1 pkg. (12 to 14 oz.) lemon cream-filled sandwich cookies, crushed

In a large bowl, whisk milk and pudding mixes for 2 minutes. Let stand for 2 minutes or until soft-set.

In another bowl, beat the cream cheese, butter and confectioners' sugar until smooth. Gradually stir in pudding until blended.

Set aside 1/4 cup each of whipped topping and crushed cookies for garnish. Fold remaining whipped topping into pudding mixture.

Place half of the remaining cookies in a 3-qt. glass bowl; top with half of the pudding mixture. Repeat layers. Garnish with reserved whipped topping and crushed cookies. Refrigerate until serving.



October Wedding Anniversaries

10th Dorothy & Norbert Lueken
15th Geraldine & Charlie Seger
Congratulations!!!

Happy Birthday

October

4th Joan Lechner
6th Georgina Blessinger
7th Beverly Castelli
8th Verena Schroeder
9th Laretta Verkamp
14th Charlie Seger
15th Norma Hasenour
21st Kathy Haas
23rd Alfred Coffey
Don Krusenklau
Urban Wilmes
24th Betty Epple